MULTIMEDIA UNIVERSITY

STUDENT ID NO

MULTIMEDIA UNIVERSITY

FINAL EXAMINATION

TRIMESTER 3, 2017/2018

PLT0014 – UNIVERSITY LEARNING TECHNIQUES

6 JUNE 2018
9.00 a.m. – 11.00 a.m.
(2 Hours)

INSTRUCTIONS TO STUDENTS

1. This question paper consists of **12** printed pages (excluding cover page).
2. Answer **ALL** questions in Section A and choose only **TWO (2)** questions in Section B.
3. Please shade all your answers for section A in the Answer Sheet and write all your answers for Section B in the Answer Booklet.

SECTION A: FIFTY (50) MULTIPLE CHOICE QUESTIONS (MCQs)

1. A kinesthetic learner would be most comfortable in a class that involved

   a. a lot of reading.
   b. listening to lectures.
   c. projects or lab experiments.
   d. oral exams.

2. Working on a task because you want to learn or do something can be described as

   a. goal oriented motivation
   b. intrinsic motivation
   c. extrinsic motivation
   d. self-efficacy

3. Attending class in order to earn a good grade in the course can be described as:

   a. an academic goal
   b. a realistic goal
   c. intrinsic motivation
   d. extrinsic motivation

4. Which of the following is not one of the three main factors that influences motivation?

   a. goals
   b. self-efficacy
   c. positive attitude
   d. level of effort

5. Which of the following is not one of the four main reasons that students have difficulty making changes?

   a. they don't believe they can change
   b. they don't know how to change
   c. they don't know when to change
   d. they don't want to change

Continued...

6. Goals are important for all of the following reasons except:

   a. they motivate us to put effort into our work
   b. they give us purpose
   c. they provide us with direction so we know what we need to accomplish
   d. they hinder us from performing

7. The goal statement, "I hope that I can make the Dean's list this semester," needs to be rewritten because it is not

   a. specific
   b. positive
   c. measurable
   d. realistic

8. Which of the following is not one of the reasons that it so important to achieve early success?

   a. early success increases motivation
   b. early success helps you identify areas that require less effort
   c. early success increases your self-efficacy
   d. early success shows you that your strategies are working

9. One of the problems with multiple projects is that:

   a. put together they take more time than they would if they were due at different times.
   b. it's hard to keep track of all of the due dates.
   c. if you don't manage your time well, you might find that you have to sacrifice your grade on one in order to do a good job on another.
   d. they tend to focus mainly on reading assignments that are due on the same day.

10. One of the simplest ways to overcome procrastination is to

    a. begin a task after a meal, when you are relaxed and not hungry.
    b. simply start the task.
    c. wait until all preliminary materials are available before actually starting the task.
    d. prioritize the components of the task.

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11. An action plan helps you

a. set a final deadline for completing long-term projects.
b. set a series of deadlines for individual tasks involved in completing a long-term project.
c. make up a "To Do" list for each of your daily assignments.
d. set up time to study for your hardest exam.

12. Studying occurs in the _____ memory.

a. sensory
b. long-term
c. immediate
d. working

13. In order to encode stimuli, we must use information stored in our

a. sensory memory.
b. immediate memory.
c. working memory.
d. long-term memory.

14. Using a mnemonic is an example of a(n) _____ strategy.

a. rehearsal
b. elaboration
c. organization
d. comprehension

15. One way to remember the names of the five great lakes is to recognize that when arranged in a certain order, the initial letter in the name of each lake spells out the word "HOMES." This is an example of which type of learning strategy?

a. A rehearsal strategy
b. An acrostic
c. Comprehension monitoring
d. An acronym

Continued...

16. Which of the following is an example of an organizational strategy?

a. overlearning
b. acrostics
c. rereading
d. grouping

17. The primary purpose of taking lecture notes is to

a. improve concentration.
b. provide an accurate record of the information.
c. show your professor that you are paying attention.
d. have a brief outline of the lecture.

18. An added benefit of taking lecture notes is that

a. you can make them available to friends who missed class.
b. you will receive more participation points from your professor.
c. you will be actively listening and will likely learn more.
d. you will be less bored with your classes.

19. Which of the following methods will better prepare you to take notes in class?

a. Read the text material before class.
b. Tape the lecture to fill in material you miss.
c. Use pencil rather than ink, since it can be erased more easily.
d. Discuss the class with other students who had previously taken it.

20. Why is it important to edit your notes soon after the class in which they were taken?

a. The longer you wait, the less likely you are to ever edit your notes.
b. Editing is a time-consuming process and must be scheduled.
c. Recall questions are effective only if they are developed soon after the class.
d. Effective editing requires that the lecture still be fresh in your memory.

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21. While attending a lecture, you become distracted for several minutes and find that you missed a couple of points in your notes. Although there is a number good strategies to deal with this problem, which of the following should be avoided?

a. Leave some space and check with one of your neighbors after class.
b. Look for the missing material in your textbook after class.
c. Ask the professor about the missing information after class.
d. Look at your neighbor's notes and fill in the missing information.

22. The headings in your lecture notes help you organize the information, learn the information, and serve as _____ that help you retrieve the information during the exam.

a. cues
b. recall questions
c. recall words
d. integrations

23. The most important factor in determining the quality of your lecture notes is:

a. the organization of your notes.
b. the neatness of your notes.
c. the format or style you used.
d. the content that you recorded.

24. After about twenty minutes of uninterrupted study, which of the following should occur?

a. directed attention
b. deep concentration
c. medium concentration
d. moderate concentration

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25. Sharon has always insisted that she can study effectively while watching television. She tends to look up from her studies every few minutes to see what is happening on her TV program. Why is this an inefficient study technique?

a. She is constantly switching her attention from her studies to the TV and is losing most of her study time.
b. Every time she switches her attention to the TV, she moves to a lower level of concentration, so she is spending too little time in deep concentration.
c. Everyone knows that you simply can't do two things at one time.
d. It would be more efficient to switch back and forth from study to TV every ten minutes instead.

26. There are two major causes of poor concentration. What are they?

a. personal and school problems
b. lack of motivation and lack of knowledge
c. internal and external distractions
d. poor study techniques and poor planning

27. You find that you are bored with a reading assignment after less than ten minutes, and you start daydreaming. Which of the following techniques is likely to improve your concentration?

a. Stop reading immediately and return to the material later when you are more alert.
b. Take a short break and have a soft drink or a cup of coffee.
c. Simply find another place to read. A change in your environment will do the trick.
d. Become more actively involved in the reading material (for example, hold a conversation with the author, predict questions in the margin, or take notes).

28. In an ideal 50-minute study session, about how long should you be in deep concentration?

a. 20 minutes
b. 30 minutes
c. 40 minutes
d. 50 minutes

Continued...

29. When students study in very distracting places, they may

a. occasionally have problems concentrating.
b. often have problems concentrating.
c. never get into deep concentration.
d. have problems with focusing at will.

30. Learning to focus on one task at a time is dependent on your ability to

a. focus at will.
b. focus at attention.
c. sustain your focus.
d. limit your focus.

31. Which of the following is not one of the real causes of poor concentration?

a. lack of interest
b. lack of attention
c. lack of motivation
d. lack of commitment

32. Which of the following is not true about concentration?

a. You can concentrate better when you are interested in the material.
b. You can maintain your concentration during long study sessions by switching subjects every hour.
c. Many students use escapist techniques when they have difficulty concentrating on a task.
d. Many students are able to maintain their concentration at a high level even though they read and respond to text messages when they are studying.

33. The third step in the problem-solving process is:

a. Consider the alternatives
b. Think about your resources
c. Make a plan
d. Take action

Continued...

34. Critical thinking involves

a. discovering information within the text that is important
b. evaluating information in order to decide what to accept or believe
c. looking for errors or misstatements in the text material
d. find faults in a person, idea, or a chapter

35. What is the most effective way to organize text information?

a. Read the chapter and then go back and highlight the important information
b. Read one paragraph and then highlight the important information
c. Use four different colored markers to highlight the important information
d. Read and highlight and then take notes on the important information

36. When is the least effective time to take notes on text material?

a. When you first read the material.
b. After the lecture.
c. As you edit your lecture notes.
d. When you are preparing for an exam.

37. When taking notes on your text, which of the following techniques is most effective?

a. Write down only key terms.
b. Use the author's cues and list any terms in bold print.
c. Restructure the text material by creating your own headings and subheadings to better organize the details.
d. Always use a formal outlining method when taking notes.

38. You need to take notes on text material in order to:

a. pull details from different sections together under the same heading
b. create new headings for some text material
c. create subheadings to divide some text material
d. all of the above are good reasons

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39. According to Bloom's Taxonomy of Learning Objectives, the most complex examination questions would measure the last skill on his list. What skill is it?

a. evaluation
b. clarification
c. analysis
d. synthesis

40. The best way to avoid passive studying is to

a. recite the material right before bed.
b. test yourself on the material to be learned.
c. talk about the material to be learned.
d. read over the material in the morning when you are more alert.

41. Which of the following strategies is the most effective method to prepare for exams?

a. preparing study sheets and reciting or replicating them
b. taking text notes
c. preparing word and question cards
d. reading over the information in your notes until you memorize it

42. When you identify an answer on a test because it looks familiar, you are using

a. recall memory
b. recognition memory
c. resociative memory
d. decoding techniques

43. Reciting the definitions on your word cards helps you learn information in an

a. isolated way
b. elaborative way
c. integrated way
d. active way

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44. Although test anxiety does affect some students' performance on exams, a bigger problem for most students is

a. lack of preparation.
b. unfamiliarity with exam formats.
c. lack of time.
d. poor luck when guessing.

45. If you didn't experience any anxiety at all about an upcoming exam,

a. you would do very well.
b. you would do slightly better than if we experienced moderate anxiety.
c. you would be able to finish the exam quickly.
d. you would not prepare for the exam.

46. When taking an exam, a good strategy is to

a. complete all items in order.
b. complete the difficult items first.
c. complete the easy items first.
d. complete the lower-point-value questions first.

47. Which of the following would be an effective way to predict essay questions?

a. Develop questions from the major topics presented in lecture.
b. Develop a question from each of the headings in the text.
c. Develop a list of all the important names.
d. Turn each of the cues in your recall column into a question.

48. What would be a good strategy to use as you begin an essay exam?

a. Immediately answer the first question as a way to get started and then go back and read the directions and other questions.
b. Put a few notes in the margin as you read each of the questions.
c. Answer the most difficult question first to reduce your anxiety.
d. Answer the question that has the highest point value first, so that you can maximize your score on the test.

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49. When you plan to prepare for finals, it is important to remember that

a. finals in many courses determine a significant portion of your grade.
b. only one or two of your professors will actually give a final.
c. most professors have actually calculated semester grades before giving finals.
d. finals are rarely comprehensive.

50. In order to prepare properly for finals, you need to plan ahead. Part of this plan should involve

a. planning time to pack up your dorm room or do some last-minute gift shopping for your family.
b. making sure term projects will also be completed during final exam week.
c. maintaining your regular social and recreational activities, since it is important to get some relaxation during final exam week.
d. completing your regular assignments about four to five days before your first final.

SECTION B: STRUCTURED ESSAYS QUESTIONS (50 Marks)

There are FOUR (4) questions in this section. Answer only TWO (2) questions.

Question 1

SCENARIO 1

The final exam is due in a week time. Like many of his peers, Jordania also wanted to start early to prepare for the exam. However, Jordania feels a bit stressful at the moment. She is sweating more than usual and she got a frequent stomachache. Her heart beating very fast and both her knees are trembling.

a) By referring to the above scenario, explain what may have happened to Jordania. (5 marks)
b) Discuss why Jordania experienced the problem above. (10 marks)
c) List down suitable ways that can be used by Jordania to overcome the problem above. (10 marks)

[Total: 25 marks]

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Question 2

a) There are three types of goals that university students need to balance namely academic, personal and career goals. By using a table, provide examples of how each goals is different from the another (15 marks)

b) Active listening skills is important while taking notes. List out some strategies that can be used to increase listening skills. (10 marks)

[Total: 25 marks]

Question 3

a) Provide some examples of the characteristics of critical thinkers (11 marks)

b) What are the four main reasons students should mark their text book? (8 marks)

c) List and briefly explain three common causes of poor concentration (6 marks)

[Total: 25 marks]

Question 4

SCENARIO 2

Kenny is sitting for a midterm exam for Management of Technology subject. He realizes that he hardly remembers the material that he read the day before.

a) Describe FOUR (4) memory strategies that Kenny can use in future to strengthen his memory. (10 marks)

SCENARIO 3

James has a habit of waiting until the last minutes to do his assignments. He believed that he could finish his assignment within two days before the mid-term break and before the class resume. However, things did not happen according to his plan. He got into an accident and injured his wrist.

The situation that James faced is best described as procrastination. As a close friend to James, you want to help him so that he will not repeat the same mistakes in the future. Provide THREE (3) possible advice that you can offer James so he can overcome this bad habit. (15 marks)

[Total: 25 marks]

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